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# ENGLISH LANGUAGE

PAPER 1 – CONTINUOUS WRITING 1310/1

Thursday **12 MAY 2016** 9:00 A.M.–10:10 A.M.  
(1 hour plus 10 minutes  
reading and planning time)

Additional materials:  
Answer booklet

|                                                        |
|--------------------------------------------------------|
| <b>MINISTRY OF EDUCATION<br/>NATIONAL EXAMINATIONS</b> |
|--------------------------------------------------------|

BAHAMAS GENERAL CERTIFICATE OF SECONDARY EDUCATION

## INSTRUCTIONS TO CANDIDATES

**Do not open this booklet until you are told to do so.**

Write your school number, candidate number, surname and initials in the spaces provided on the answer booklet.

Write a composition based on **ONE** of the topics overleaf.

You should write between **350** and **500** words.

You should pay attention to punctuation, spelling and handwriting.

You will have **10** minutes to read and plan your topic. You should **NOT** begin to write your composition during this time. However, you should write your plan.

At the beginning of your composition write the number of the topic you have chosen.

## INFORMATION FOR CANDIDATES

Dictionaries are **NOT** permitted.

This paper accounts for 40% of the total marks available for the examination in this subject.

Choose **ONE** of the following topics. Your writing should be planned on your answer paper.

1. Write a story which includes the following lines: "When he saw the photograph, he grinned. He knew his life would never be the same again."
2. Describe a day in the life of a Bahamian pilot.
3. People often talk about their reason(s) for living. Explain three reasons why people are determined to live, even when things are difficult.
4. "He called out to her several times as she walked away, but she refused to listen to what he said." Use this line in a story.
5. There has been an increase in crime in our society. Why do you think this is so? Explore three factors which might account for more crime.
6. Write a composition based on the following lines of poetry. You may write about any ideas that the poem suggests to you, or you may write a story or a description based on the subject of the poem. You should **NOT** write a poem.

Self-doubt weaves a powerfully frightening series of webs,  
Preventing us from reaching our goals;  
Often we watch from a distance,  
As opportunity after opportunity fades away.  
But, though entrapped by steel-silk threads,  
We still struggle ...  
Until, with joyful cries, we break free from that monster of doubt.

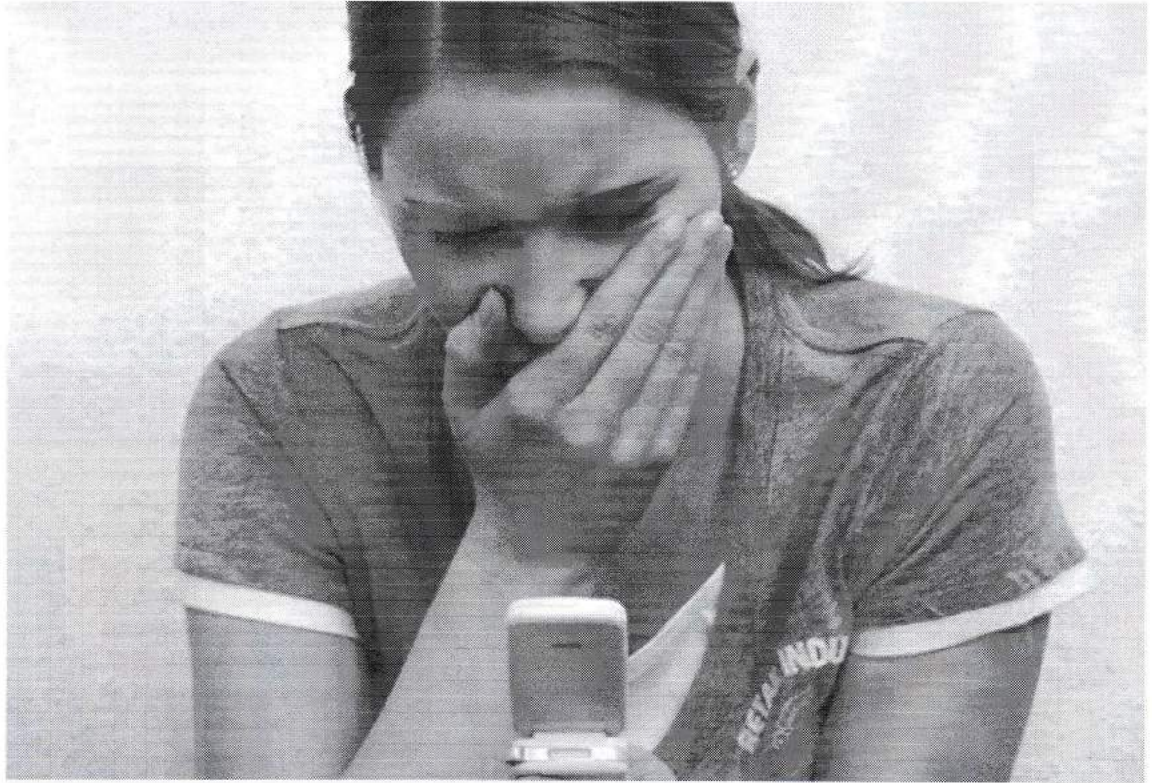
*M. D. Tynes*

7. I'll certainly *never* visit that dreadful place again! Convey the experience you had, including a description of the site you visited.

8. Write a story, description, or any form of composition suggested by **ONE** of the photographs.

Your composition may be directly about the subject of the photograph or take some suggestions from it. There must be some clear connection between the photograph and your composition.

(a)



(b)



|                                                                         |                  |  |  |  |                                                                         |  |  |  |  |
|-------------------------------------------------------------------------|------------------|--|--|--|-------------------------------------------------------------------------|--|--|--|--|
| School Number                                                           | Candidate Number |  |  |  |                                                                         |  |  |  |  |
| <table border="1"><tr><td></td><td></td><td></td><td></td></tr></table> |                  |  |  |  | <table border="1"><tr><td></td><td></td><td></td><td></td></tr></table> |  |  |  |  |
|                                                                         |                  |  |  |  |                                                                         |  |  |  |  |
|                                                                         |                  |  |  |  |                                                                         |  |  |  |  |
| Surname and Initials                                                    |                  |  |  |  |                                                                         |  |  |  |  |

# ENGLISH LANGUAGE

PAPER 2 – AURAL COMPREHENSION  
CANDIDATE'S COPY 1310/2b

Tuesday **19 APRIL 2016** 9:00 A.M.–10:15 A.M.

Additional materials:  
Compact disc recording  
CD player

## MINISTRY OF EDUCATION NATIONAL EXAMINATIONS

BAHAMAS GENERAL CERTIFICATE OF SECONDARY EDUCATION

### INSTRUCTIONS TO CANDIDATES

**DO NOT** open this booklet until you are told to do so.

Write your school number, candidate number, surname and initials in the spaces provided on the booklet.

The recording will be played **TWICE**.

#### FIRST PLAYING

Listen carefully to the **FIRST PLAYING** to gain a general impression of what is being said. **DO NOT** look at the **NOTES SECTION** or the **QUESTIONS** during the first playing.

**AFTER THE FIRST PLAYING**, turn to the **NOTES SECTION** of the paper. Read through the suggested points. Make any notes you wish on the points listed. Your notes will not be marked. **You will have 3 minutes.**

#### SECOND PLAYING

Listen again to the recording. You may make additional notes as you listen. **AFTER THE SECOND PLAYING**, complete your note making. **You will have 3 minutes. You will be allowed a total of 45 minutes to complete your answers to PART TWO of the test. Answer ALL questions.**

### INFORMATION FOR CANDIDATES

The number of marks available for each question or part question is shown in brackets [ ].

Dictionaries are **NOT** permitted.

This question paper consists of 10 printed pages and 2 blank pages.



## PART ONE

You have just heard a recording of a television programme called *Health Talk*, in which Dr. Brian Winters, a sports doctor, discusses with the hostess the advantages and disadvantages of the sport of swimming.

Make some detailed notes on the **EIGHT** points listed below. **REMEMBER THAT YOU WILL NEED THESE NOTES IN THE SECOND PART OF THE TEST**; therefore, make them as full and as accurate as you can.

### LISTEN CAREFULLY

#### YOUR NOTES ON THE RECORDING

1. Information given in the hostess's opening remarks

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2. How the hostess responds to Dr. Winters's early remark about the Three Musketeers

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3. Details about Dr. Winters's career as a sports doctor

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#### 4. Benefits of swimming

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper appears to be a standard notebook page or a sheet of stationery. There is no handwriting or other markings on the page.

5. (a) Dr. Winters's comments about stingrays

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(b) Dr. Winters's comments about saltwater crocodiles

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8. Methods the hostess uses to keep the interview interesting and entertaining

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

**DO NOT TURN OVER UNTIL YOU ARE TOLD TO DO SO**

## PART TWO

Write your answers to the following questions. Base your answers on the notes you took when you listened to the recording in **PART ONE**.

1. How have Andy Knowles and Arianna Vanderpool-Wallace increased Bahamians' interest in swimming?

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[1]

2. (a) Quote the hostess's response to Dr. Winters's remark that she, he and his wife were once known as the Three Musketeers.

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[1]

- (b) Give the meaning of the hostess's response to Dr. Winters.

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[1]

- (c) Why does Dr. Winters laugh at the hostess's response?

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[1]

3. What services does Dr. Winters offer his patients and what do these individuals all have in common?

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[3]

4. Using information from the recording, identify **FOUR** specific ways in which people who exercise by swimming can become *physically* healthier.

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[4]

5. Dr. Winters's language suggests that he feels differently about stingrays than he does about saltwater crocodiles. Support this claim by explaining what Dr. Winters's words/phrases suggest about his feelings.

***Stingrays***

Words/Phrases Dr. Winters uses and an explanation of what they suggest about his feelings

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[3]

***Saltwater Crocodiles***

Words/Phrases Dr. Winters uses and an explanation of what they suggest about his feelings

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[3]

6. Aside from the fact that he is a sports doctor, give **THREE** reasons why the people watching *Health Talk* would most likely consider Dr. Winters a reliable expert on the subject of swimming.

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[3]

7. Based on information from the recording, identify **FOUR** disadvantages of swimming in a pool as a form of exercise.

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[4]

8. Identify **THREE** methods the hostess of *Health Talk* uses to keep the interview interesting and entertaining, aside from the expected use of questions.

Place your ideas in the chart below, supporting each one with details from the recording.

| METHODS USED TO KEEP THE INTERVIEW INTERESTING AND ENTERTAINING | SUPPORTING DETAILS |
|-----------------------------------------------------------------|--------------------|
| 1.                                                              |                    |
| 2.                                                              |                    |
| 3.                                                              |                    |

[6]

**TOTAL MARKS [30]**

# ENGLISH LANGUAGE

PAPER 3 – WRITTEN COMPREHENSION  
& DIRECTED WRITING 1310/3

Tuesday **17 MAY 2016** 9:00 A.M.–11:10 A.M.  
(including 10 minutes  
reading time)

Additional materials:  
Answer booklet

## MINISTRY OF EDUCATION NATIONAL EXAMINATIONS

BAHAMAS GENERAL CERTIFICATE OF SECONDARY EDUCATION

### INSTRUCTIONS TO CANDIDATES

**Do not open this booklet until you are told to do so.**

Write your school number, candidate number, surname and initials in the spaces provided on the answer booklet.

Answer **ALL** the questions in the answer booklet provided.

Number your answers clearly.

Special attention should be given to the directions for each question.

Work should be neat and well-organised.

### INFORMATION FOR CANDIDATES

The number of marks available for each question or part question is shown in brackets.

Dictionaries are **NOT** permitted.

Read the following passage carefully before you attempt any questions.

### LONG DISTANCE RUNNING: IS IT FOR YOU?

Not many people know that the marathon, a 26.2-mile-long race, got its name from the Greek legend of Pheidippides, who in 490 BC ran slightly less than 26 miles from the town of Marathon in Greece to the city of Athens to announce the Athenian army's victory over the Persians. Once poor Pheidippides arrived and announced, "Rejoice, we have conquered", he is said to have collapsed and died. Over two thousand years later, more than five hundred marathons take place in Europe and the United States yearly, with around one million runners taking part. Quite a number of Bahamians are among those who undergo the often demanding training needed for long distance races. They pound the streets of New Providence in the wee hours of the morning and late at night, **facing the dragons of small-city traffic and crime**. Then, months later, these runners invest large sums of money in flying off to foreign countries to participate in what has been called an excessive endurance exercise.

While recent research reveals that running marathons and other grueling races could lead to fatal heart attacks or serious cardiac problems in later life, supporters claim that these risks are more than outweighed by the benefits. An internet sports magazine asked readers to submit a description of themselves, telling how or why they became long-distance runners and have benefited from it. Here is what a number of readers wrote:

#### Allyson Harris – Maryland, USA

The Annual Joanna E. Sinclair Memorial Scholarship Race began in 2002 after Joanna, my friend and track teammate, passed away from spinal meningitis in August 2001. With her passing, I wanted to organize an event to help raise money for a scholarship fund created in her name. Since track was her favorite sport to participate in, I thought that a road race would be the best way to remember her. Now in its twelfth year, the event has raised over \$60,000 for the cause. The proceeds of the fund are dispersed around the community to various organizations that Joanna was associated with in her short life.

#### Douglas King – Georgia, USA

I ran track for one year in high school and remember running a 2 mile race and hating every second of it. The summer after high school, I injured my knee, had seven knee surgeries and thought I would never be able to stay active. In 2007, I decided to go out for a run to blow off some steam during a particularly stressful time in my life. It had started raining, but I pushed myself through a twenty-minute run that left me full of energy. It seemed to wash away a large portion of my stress and anxiety. So, I continued to run regardless of where I was. I'm still running.

#### Molly Wright – Florida, USA

I thought I would take a few moments this morning (didn't have to go to work) and send you old and new information on me, Molly Wright, now almost 74 years and still running a lot (8 miles a day). My running only made your magazine once (1994). I was still cute in that old photo though I've lost track of the other nurses in the photo, and I'm still looking for Mr. Right. I'm into my 21st year of doing triathlons. I just did my 170th triathlon in Freeport, Maine. Rented a bus and drove myself and a load of friends all the way up there, blasting hard rock to keep us awake. It was the Lobsterman Triathlon, the most fun race of ALL! The steamed 2 lb. Atlantic lobster and dark beer made the cold morning seem all worth it. It was Olympic distance and I placed 1st in my 70-74 age group (3:57). Everything old is new again!

**Laurel Cooke – Nassau, The Bahamas**

I have run two marathons and participated in the Avon Breast Cancer Run, all to raise money and awareness for several different charities. It makes you feel awesome and gives you a chance to help in some way. I ran my last marathon in support of NARSAD, an amazing but under-recognized organization because of the stigma attached to it. I was inspired due to a friend's diagnosis with AIDS. The marathon was in NYC in November 2008 and I was able to raise \$2100.00. I run to stay in shape and I am grateful for the discipline that the training affords me, as well as the increased sense of confidence and pride.

45

**Mark & Robert – New Jersey, USA**

This is a tribute to my running partner and friend, Robert. We have run many, many miles together. We've run through the heat of summer, winter weather, up hills, over flat courses, and even in torrential downpour, flood and pre-hurricane weather. We tend to hold conversations when we run, even during races, so much that other runners comment on how we are able to run and chat at the same time! Running with Robert is my stress reliever. We've both suffered from muscle damage and from inflammation that lasted days after having run a marathon, but what's a little pain for a solid friendship?

50

55

**Annette Dawkins – Bridgetown, Barbados**

I'm a thirty-four year old, stay-at-home mom. In my spare time I enjoy playing on the computer or talking to my mom on Skype. I don't drink and I can't drive but I can run. I started running in 2009 to help lose the baby fat from my fifth child. I count on my husband for everything and he's my best friend (Yay, Mike!) so at first he ran with me, to push me along. I have since run over 20 races. I was out of commission for about 6 months in 2011 due to a torn tendon, when I was told I would never run again. Four of those races I ran were after that diagnosis. I love the example my running sets for my children. My 5-year-old loves to run and has done a few races with Mike and me already. My oldest child has just started running with us also.

60

65

**Dennis Crowne – Windsor, Canada**

In January 2002, I went to the doctor's office with bronchitis. My blood pressure was 220/140. After resting a short time, it did not come down so the doctor sent me to the hospital where I stayed for five days. I weighed 370 pounds. I started walking and then a little jogging. By November I weighed 240 pounds. In May 2003, at 220 pounds, I ran a 10 mile race. Two weeks later I signed up for a six month marathon training program. It was somewhat costly but it paid off. Less than 2 years after being in the hospital, I flew to the USA and finished the Philadelphia Marathon. Joining a couple of running clubs has made running fun and a great source of friends I have something in common with. I do trail runs, track workouts and long distance relays with the club. Also, my three daughters have joined me running marathons. Running has changed my life and I love it.

70

75

**Todd Crandell – Ohio, USA**

I compete regularly in triathlons, work as a professional speaker and drug counselor, and run a foundation (Racing for Recovery) helping others to use sports to prevent or escape addiction. Our mission is to prevent all forms of substance abuse and to provide positive alternatives for those currently battling addictions by encouraging a lifestyle of fitness and health through running events. What qualifies me to do the work I do? Well, in my early 20's I had gone from being a promising soccer player on my way to a professional career to a drug-addicted ghost of myself. I spent thirteen

80

brutal years in that state. I was rock bottom, homeless and starving. Then I took up triathlons. I found that this athletic effort helped me overcome my addictions.

**Angela Dahl – California, USA**

85

I'm 45 years old and I was at serious risk for type 2 diabetes but running has lowered that significantly. I love running. I love running on cold mornings and starting my day off with so much energy. As I started having children I found running was the best exercise for keeping my body toned. I love running and I love being outside. Running gives me the freedom to think, to cry, to talk to God and myself. I *live* for my runs and I *never* miss them. They are my *sanity*. I tell you, I *love* running. I enjoy riding my bike and swimming but it's running that breathes *life* into me.

90

**Elsa Decker – Berlin, Germany**

Not too long ago I became a new mom and a stay-at-home mom. I miss the "strive for achievement" atmosphere of the work place and that push toward various goals. Although I love being able to stay home with my daughter, I am used to working my way up the corporate ladder, or pushing for the next pay raise. I'm used to being on top of everything, *winning* all the time! Plus, I'm dealing with a little postpartum stress. My close friend, Martina, encouraged me to get on my treadmill and just walk. I've never been athletic but after a few weeks of walking I ended up running! So I've started a running programme at home on the treadmill, getting a full body workout. I'm actually thinking about training for races. I know I'll have the support of my family and friends. And it just might give me that push I used to feel at work. I don't know, though. I'll give it some more thought before I hit the road.

95

100

**Mark Wilkinson – Kentucky, USA**

At 26 I was notified that I had a massive brain tumor and needed to have surgery. About three months after the surgery, my weight was up to 225 lbs because of the medication and hormone changes from the surgery. I decided that I needed to lose weight. I started out running but I could only go about two blocks. I kept doing that until I could run an entire mile without stopping. Then I spent a year training and entered a half-marathon. Now I'm running marathons. I am healthier and have more energy than I have ever had in my life and my weight is remaining pretty consistent. I have made so many great friends running and met some incredibly interesting people running marathons.

105

**Gary Dudney – Washington, DC, USA**

110

All my life I've dabbled in writing. I took some creative writing in college, wrote some articles for a newspaper, and sent a few things off to magazines – with little success. I made my last serious attempt at writing in my early forties. But a few years back, I decided to give writing another try, but with a different approach. Why not write about running? Plus my daily workouts gave me the one thing every writer covets: time to think. So as I ran along, I brainstormed article ideas, thought up catchy opening lines, and wrote it all down when I got home. It worked. I've written and sold race reports, articles for running magazines and I've also fulfilled a lifelong ambition of publishing short stories. So now I run every day and I write every day. I love writing about running. It's like a well with waters that run sweet and deep.

115

Answer **ALL** the questions in the answer booklet provided. Do not place any answers on this question paper.

Unless otherwise indicated, **ALL** answers must be based on the information presented in the passage.

In answering questions 1–4, write down the letter A, B, C or D to indicate the most appropriate answer.

1. According to the article, marathons generally occur in:  
  
A. Greece and Persia;  
B. Europe and Asia;  
C. the USA and Europe;  
D. The Bahamas and the USA. [1]
  
2. The expression, “facing the dragons of small-city traffic...” (page 2), suggests that such traffic is:  
  
A. legendary;  
B. dangerous;  
C. crawling;  
D. gigantic. [1]
  
3. Allyson Harris (page 2) organised a long distance race to:  
  
A. become more athletic;  
B. raise money for her college education;  
C. raise money for Joanna’s medical bills;  
D. honour a deceased friend. [1]
  
4. Which **ONE** of the following words best describes Douglas King (page 2)?  
  
A. relaxed  
B. inactive  
C. committed  
D. inconsistent [1]
  
5. A sentence in Todd Crandell’s entry (page 3) presents him as having had both positive and negative experiences in life. Quote the **SINGLE** sentence that indicates this. [2]
  
6. Identify and give an example of a technique Angela Dahl uses in her entry (page 4) to give readers a strong sense of her passion for running. [2]

7. In a word or short phrase, describe Elsa's tone in the last two sentences of her entry (page 4). Then provide a convincing reason for her attitude. [2]
8. Aside from their enthusiasm for running, Annette Dawkins (page 3) and Molly Wright (page 2) are very different. Write a paragraph in which you:
- [a] show how their backgrounds are different.
- [b] give **ONE** way in which they differ in personality. [10]
9. Generally, long distance runners face some difficulties. In approximately 150 words, write a paragraph explaining what these difficulties might be. [10]
10. Imagine that you are the president of a running club. Write a letter to the editor of a local newspaper in which you seek to convince readers of the many benefits of long distance running.
- Your letter should be no more than 350 words. [15]

**PAPER TOTAL MARKS [45]**

# ENGLISH LANGUAGE

## PAPER 4 – EXTENDED COMPREHENSION & DIRECTED WRITING 1310/4

Friday **20 MAY 2016** 9:00 A.M.–11:10 A.M.

Additional materials:  
Answer booklet

(including 10 minutes  
reading time)

|                                                        |
|--------------------------------------------------------|
| <b>MINISTRY OF EDUCATION<br/>NATIONAL EXAMINATIONS</b> |
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BAHAMAS GENERAL CERTIFICATE OF SECONDARY EDUCATION

### INSTRUCTIONS TO CANDIDATES

**Do not open this booklet until you are told to do so.**

Write your school number, candidate number, surname and initials in the spaces provided on the answer booklet.

Answer **ALL** the questions.

Number your answers clearly.

Special attention should be given to the directions for each question.

Work should be neat and well-organised.

### INFORMATION FOR CANDIDATES

The number of marks available for each question or part question is shown in brackets [ ].

Dictionaries are **NOT** permitted.

## SECTION A

*In the following passage an individual speaks about holiday stress and how to cope with it. Read the account carefully, and then answer the questions that follow. You should spend no more than one hour on this section.*

### Beating Christmas Holiday Stress

As the Christmas holiday season gallops into sight, like many others I am scuttling around transforming my home into a festive cocoon in which I can entertain invited and uninvited friends and relatives who will be coming to visit. I must also continue working at the office like a robot, toiling to meet “deadlines”. Later in the evening, it’s off to the Junkanoo shack to complete my elaborate costume. As though that’s not enough stress, the pressure of committing to participating in a plethora of tedious holiday related activities revolving around luncheons, festivals and church services is overwhelming. Does the choir director even care that I have a family? Consider also that I have to find time for the holiday greeting cards which impatiently await my signature, and brave the stampede at the overcrowded malls for gift shopping. How do I cope with all of this and maintain my sanity?

Despite everyone being bombarded by idealised media images of a peaceful holiday season, the reality is that many of us must daily face stress-inducing situations over which we have very little control. We sit in bumper-to-bumper traffic in the morning (*and* evenings, because store owners have had the brilliant ‘holiday’ idea of opening their doors at seven a.m. and closing them at mid-night). After we reach the office, late again, the boss informs us that we must participate in an “exciting” door-decorating competition, draw a name to purchase a gift for a colleague we probably despise, and contribute expensive, calorie-laden goodies for the tea table, all in the name of Christmas cheer. We also are expected to attend the annual Christmas party; there, we resign ourselves to hours of questionable entertainment – a part of which is watching our undisciplined co-workers stuff themselves on bland hotel food to the point of being unable to stand.

It is not much better away from work. Trips to the food store reveal that the manager has gleefully hauled last year’s leftover hams and turkeys from the cold storages. Well-frozen they may be, but not their prices! Simultaneously, the prices of many items have skyrocketed in stores island-wide – something to celebrate indeed! Yet we *have* to buy those Christmas outfits. At home, we find Christmas carollers waiting at our gates, determined to be applauded *and* rewarded for their poor, unrehearsed performances. While a few of them have voices that may transport us to the heavens, they often lack knowledge of both words and tunes of the songs they “sing”, and bring tears to our eyes. When we finally escape into our homes, most of us have to cope with the demands of our darling attention seekers, who have been temporarily released from school for what seems like an eternity. Then those Joneses next door decorate their front-yard with blazing lights, reindeer, winter scenes and elves, silently prodding us to do likewise.

A recent poll in 2014 revealed that 81% of adults found the Christmas season stressful. This stress can result in feelings of guilt, irritation, fatigue and depression. The whirlwind of ideas, activities and energies that we expend into planning holiday events very likely may cause aches in the back, head and stomach: ailments that make it impossible for us to enjoy the season. However, it does not have to be this way. We *can* turn our back on tradition and end up the better for it. What, then, should we do differently?

First, we should consider selecting holiday activities in which we can comfortably involve ourselves and have fun. Too frequently we punish ourselves with unrealistic expectations and inadequate planning, which results in fatigued bodies and minds and the inability to function. Instead, we need to put on our anti-stress holiday combat gear and fight off anything that will prevent us from spending time in healthy ways with our loved ones. Therefore, we must prepare carefully, setting aside specific dates for activities such as non-frenzied shopping, baking fruitcakes, cookies and other holiday treats, and paying visits to beloved relatives or friends. Additionally, we ought to include time for relaxation of body *and* mind. There is absolutely nothing wrong with devoting a day of the holidays to going to the beach or a safe park where we can just recline and snooze, listening to the sounds of nature. 40 45

A part of the anti-stress holiday combat gear that we should use at Christmas is the conservative shield. This allows us to protect ourselves from the temptation to deplete our savings. It allows us to show our love in nontraditional ways, with a small inexpensive gift from the heart. There's nothing wrong with creatively constructing home-made gifts or treats as presents. Such a protective shield prevents extravagant holiday spending, eliminates frustration when the receiver obviously detests our carefully selected gift and does away with the struggle to pay bills for the rest of the year. 50

No anti-stress combat gear would be complete without the peace shield as well. If we remember to use it, we will become more serene. Using the peace shield means practicing patience, forgiveness and humility at all times. Therefore, in the event that our loved ones do not totally agree with our holiday plans, we should be prepared to compromise. As long as we are able to incorporate some of everyone's ideas without being overwhelmed, we are well on the path to reducing our stress. 55

Moreover, never lose sight of the fact that the holiday season often brings us into contact with adult family members whom we love dearly but may not like very much. We might not like to acknowledge it, but for numerous families, it's a tradition of sorts for gatherings to erupt into heated battles. The Christmas season's much advertised warmth does not automatically resolve a history of family disputes or erase painful emotions. Initial embraces are frequently followed by the arrows of veiled insults and alcohol-induced accusations. Holidays are not the most appropriate times to address family problems, so we must be careful when we are at a gathering of relatives. The wisest thing to do is guard our tongue and respect our relatives' boundaries, even if they do not always respect ours. The result? There are fewer arrows to dodge, which equals less stress for everyone. 60 65

It is possible to beat holiday stress on our own – many of us do so each year. On the other hand, if we realise that we are unable to cope, because we are experiencing prolonged feelings of sadness and lethargy, then there is absolutely nothing wrong with trying to seek help from a counsellor, a church support group or even a psychologist. Ignoring such symptoms can result in increased stress and might ultimately lead to depression. 70

Whether we are celebrating Christmas, Easter or National Heroes Day, we ought not to succumb to social pressures to the point where we are unhappy and dream of escaping the celebration. Instead, we should choose a method of celebrating that best suits our personality and lifestyle, and be content that we are doing what is best for us. After all, at the end of the holiday we want to walk away with our sanity intact. 75

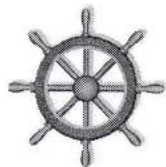
Your responses to the following questions should be based on the information presented in the passage, and should be expressed as far as possible in your own words.

1. Holiday celebrations in The Bahamas can involve numerous *traditional* activities. Give an account of these activities, using no more than 120 words in your response. [10]
2. The behaviour of a number of individuals appears to evoke negative feelings in the narrator. Identify these individuals and their behaviour, explaining specifically how their actions and/or attitudes affect the narrator emotionally.

Use no more than 200 words.

[12]

## SECTION B



### CRUISE AWAY AT CHRISTMAS WITH US!

*Treat yourself to an exotic cruise and really enjoy yourself this Christmas! Have a memorable vacation and sail away on one of our ships to the Caribbean, Alaska or any other of our many destinations. Get to know our world better while you enjoy your Christmas without ever basting a turkey or cleaning the house for visitors! Consider this also – on a cruise, you won't ever have to worry about drawing your curtains at night to prevent potential burglars from spotting your Christmas gifts!*

#### MAKING IT HAPPEN IS NEVER A HEADACHE

Because our cruise vacations offer transportation and accommodation as a package, they're very easy for you to plan. Pick your ship, itinerary and cabin, and away you go – no searching for hotels in your price range, no coordinating travel between cities. It's also a cinch for *groups* to book cruises because our cruise lines have plans in place for group travel, eliminating the hassle of coordinating your twenty family members and friends who want to vacation with you. Book enough cabins and you'll get extra perks, including a free fare! Cruising with us gives you real value for your dollar!

#### IT'S A FAMILY AFFAIR!

From tots to teens, grandparents to grandkids, our cruises are fun for all ages. If you're struggling to find a vacation that your 5-, 10- and 15-year-old will all love – and that has adult activities, too – our ships all have extensive kids' facilities, organised by age. Teens have their own 'cool' hangouts, far away from the toddlers and pre-teens' play areas (and certainly a good distance from parent-friendly pools and bars). How can you not love a trip that features video games and swimming pools, while offering time for families to be together at dinner or on shore-side excursions? And parents of pesky children can even sneak in a romantic dinner alone, by taking advantage of the Kids' Club 'late-night' hours.



#### BORED? NO WAY!

Our cruise ships are designed to keep everyone happy. Want to sunbathe on a deck while your hubby plays basketball or pamper yourself at the spa while your spouse hits the casino? You can go to an art auction, an educational lecture, a wine tasting affair, a computer class or a dance workshop. Go ahead – paint pottery, learn yoga or even a language. Enjoy the culinary delights of our professional staff of chefs. Dine at a casual buffet, a fancy sit-down restaurant, a sushi bar, a diner or a steakhouse. Love to see others perform? Watch a movie, a comedy routine, or a song-and-dance show. And if all you want to do while the ship sails from port to port is ... nothing, you can do that, too.

#### UNPACK ONLY ONCE!

On a cruise, you unpack once and your floating hotel takes you from city to city, island to island or country to country, and there's no need to bother with Nassau's traffic jams or overcrowded jitneys. Every morning, you'll wake up in a new place. Can't decide between St. Lucia and Barbados, or Italy and Spain? Why choose? Pick an itinerary that visits all the places on your wish list.

#### IT'S SHEER INDULGENCE!

Imagine having your every whim catered to. Regardless of your budget, we provide you with first-class service around the clock. You'll feel like royalty when you cruise with us. No cooking, no cleaning, no phones to answer, no work, no Junkanoo costumes to paste, nothing to do ... but relax. It's a pampering, carefree vacation for all!

#### WE'RE FLOATING CITIES

If you're concerned about being stranded in the middle of the ocean, relax! Our cruise ships are like floating cities with everything you could possibly want onboard. Our vessels are outfitted with Wi-Fi, cell service and satellite TV, so you can stay in touch with the real world during your cruise (if you even want to). Onboard shops sell the toiletries you forgot to pack, medical centres provide meds or a doctor's services, and laundry facilities let you wash your clothes mid-cruise so you don't need to over-pack. Of course, there's also the fun stuff like gyms, multiple restaurants, movie screens, spas, swimming pools, theatres and discos. And in the rare emergency, there are always enough lifeboats for everyone onboard.

#### IT'S A PLEASURE TO MEET YOU!

If you love to meet people from around the world, cruising provides a wonderful opportunity to make new friends. Onboard, you'll meet people at your dinner table, at the piano bar or by the pool. The person seated next to you might be from Paris, Texas, or Paris, France; London, Ontario, or London, England. Kids can find playmates their own age during youth activities, so they're not always forced to hang out with their older or younger siblings. And are you looking for Mr. or Ms. Right? Many long-term relationships begin during a vacation at sea! Wedding specials are available on land or aboard ship!



3. A number of skilful techniques are used in the advertisement in encouraging readers to consider going on a cruise at Christmas. Identify the techniques used and, giving examples, comment on the effectiveness of each. [14]
4. The everyday life of a working parent is often burdened by issues that are intensified during holiday periods. Imagine you are the main speaker addressing a group of college graduates. Write the speech you make in which you inform them of the concerns they will most likely have as they take on a working parent's responsibilities, and present them with a few approaches to dealing with the challenges.

In your response you are expected to:

- (a) present ideas based on information from **BOTH** the passage and the advertisement;
- (b) discuss both the causes of stress and a few stress-coping strategies
- (c) include one or two ideas of your own about dealing with stress.

[16]

**PAPER TOTAL MARKS [52]**